

FOOD BASED MENU PLANNING SYSTEMS—A COMPARISON

	Traditional	Enhanced
Meal Pattern	4 Components 5 Food Items	Same as Traditional
Criteria	All 4 components must be offered daily and weekly in correct quantities	Same as Traditional
Nutrient Analysis	One week's menus analyzed by the State Agency	Same as Traditional
Age/Grade Groupings	Two established: <ul style="list-style-type: none"> • K-3 • 4-12 Optional group: 7-12 (recommended)	Two required: <ul style="list-style-type: none"> • K-6 • 7-12 Optional group: K-3
Menu	Only creditable food items count toward meeting the meal pattern.	
Grains/Breads Component	At least 1 serving per day <ul style="list-style-type: none"> • K-3: 8 servings per week • 4-12: 8 servings per week Optional 7-12: 10 servings per week	At least 1 serving per day <ul style="list-style-type: none"> • K-6: at least 12 servings per week • 7-12: at least 15 servings per week • optional K-3: at least 10 servings per week 1 serving per day may be a grain-based dessert
Vegetables/ Fruits Component	At least 2 menu items each day to total: <ul style="list-style-type: none"> • K-3: ½ cup • 4-12: ¾ cup Optional 7-12: ¾ cup	At least 2 servings per day and <ul style="list-style-type: none"> • K-6: total of ¾ cup per day plus additional ½ cup over week • 7-12: total of 1 cup per day
Meat/Meat Alternate	1 serving per day <ul style="list-style-type: none"> • K-3: 1½ oz • 4-12: 2 oz. Optional 7-12: 3 oz	1 serving per day K-6: 2 oz. 7-12: 2 oz. Optional K-3: 1½ oz.
Milk	½ pint fluid milk per day.	Same as Traditional
Reimbursable Meal if not using Offer vs. Serve	Must have full servings of 5 required menu items.	Same as Traditional
Reimbursable Meal using Offer vs. Serve	Student may decline 2 required menu items (student's choice). OVS is mandatory in high school; optional in lower grades. Must have full servings of 3 items selected.	Same as Traditional